

The FIRM

BODY SCULPTING SYSTEM



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sculpt
tone*



SYSTEM
INCLUDES

• 3 Resistance Bands
• 3 DVD Workouts
• Instructional Guide

• 3 Angle Stabilizer Blocks
• Stability Training Mat
• Resistance Bands

**3 WORKOUTS
ON 1 DVD**

Firm Your Fanny

AN Whitehead

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